



Ute Women's Lacrosse at the University of Utah Workout Program

Cycle 1: (1 Week)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lift	3 sets of 10; increase low weight	3 sets of 10; increase low weight		3 sets of 10; increase low weight	3 sets of 10; increase low weight
Run	Agility: 4 short shuttles 4 x 40 yarders	Endurance: 30 minute run 2 Long Shuttles	40 minute cardio of choice (bike, swim, class, lacrosse game)	Agility: 4 short shuttles 4 x 40 yarders	Endurance: 30 minute run 2 Long Shuttles
	Jump Rope workout 20 minutes			Jump Rope workout 20 minutes	
Stickwork	Wall Ball Drills		Wall Ball Drills		Wall Ball Drills
Flexibility		10 minute cool down			10 minute cool down

Cycle 2: (1 Weeks)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lift	3 sets of 8; moderate weight	3 sets of 8; moderate weight		3 sets of 10; moderate weight	3 sets of 10; moderate weight
Run	Agility: 5 short shuttles 5 x 40 yarders	Endurance: 30 minute run 3 Long Shuttles	40 minute cardio of choice (bike, swim, class, lacrosse game)	Agility: 5 short shuttles 5x 40 yarders	Endurance: 30 minute run 3 Long Shuttles
	Jump Rope workout 20 minutes			Jump Rope workout 20 minutes	
Stickwork	Wall Ball Drills		Wall Ball Drills		Wall Ball Drills
Flexibility		10 minute cool down			10 minute cool down

Cycle 3: (2 Weeks)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lift	4 sets of 6;	4 sets of 6;		4 sets of 6;	4 sets of 6;
Run	Agility: 6 short shuttles 6 x 40 yarders	Endurance: 3 mile run 4 Long Shuttles	Agility: 6 short shuttles 6 x 40 yarders	Endurance: 30 minute run 4 Long Shuttles	Agility: 6 short shuttles 6 x 40 yarders
	Interval Run 25 minutes		Interval Run 25 minutes		Interval Run 25 minutes
Stickwork	Wall Ball Drills		Wall Ball Drills		Wall Ball Drills
Flexibility		10 minute cool down			10 minute cool down

Cycle 4: (2 Weeks)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lift	3 sets of 4; heavy weight	3 sets of 4; heavy weight		3 sets of 4; heavy weight	3 sets of 4; heavy weight
Run	Agility: 8 short shuttles 4 x 40 yarders	Endurance: 3 mile run 6 Long Shuttles	Agility: 8 short shuttles 8 x 40 yarders	Endurance: 3 mile run 6 Long Shuttles	Agility: 8 short shuttles 8 x 40 yarders
	Interval Run 25 minutes		Interval Run 25 minutes		Interval Run 25 minutes
Stickwork	Wall Ball Drills		Wall Ball Drills		Wall Ball Drills
Flexibility		10 minute cool down			10 minute cool down

